



School Age Children (SAC) 2013-2014 Influenza Programs

School Name	Date	Time
Mokapu El	15-Oct	830-1200
Iroquois El	16-Oct	800-1100
Navy Hale Keiki	16-Oct	830-1000
Kailua Inter	29-Oct	800-1100
Wheeler El	6-Nov	830-1100
Hickam El	8-Nov	830-1200
Mokulele El	14-Nov	815-1045
Solomon El	19-Nov	800-1130
Moanalua Middle	19-Nov	845-1245
Barbers Point El	20-Nov	800-1100
Pearl Harbor Kai	22-Nov	800-1100
Shafter El	22-Nov	800-1100



Beneficiaries Schedule

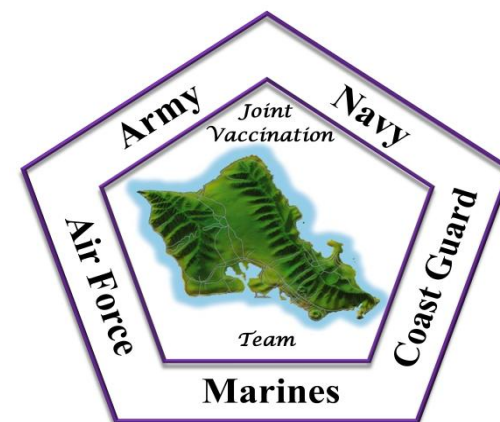
EXCHANGES		
DATES	TIME	LOCATION
Oct 4	9:00AM- 2:00PM	Pearl Harbor NEX
Oct 5	9:00AM- 2:00PM	Pearl Harbor NEX
Oct 12	9:00AM- 2:00PM	Schofield PX
Oct 19	9:00AM- 2:00PM	Hickam BX
Oct 19	9:00AM- 2:00PM	K' Bay MCX
Oct 24	9:00AM- 2:00PM	Fort Shafter PX

Beneficiary Locations
<u>Kaneohe Bay</u> M,T,W & F 0730-1130; 1300-1500 TH: 0730-1130;1300-1400
<u>Makalapa Clinic</u> M-F: 0730-1630 Closed 1st THURS of every month 1145-1400
<u>Shipyard Clinic (Bldg 1750)</u> M-F: 0700-1530
<u>TAMC Immunization Clinic</u> T: 1300-1500, W & F: 0900-1130
<u>Schofield Barracks</u> M-TH: 0730-1130, F: 0900-1130 M, W, F: 1300-1500, T & TH: 1300-1400
<u>Hickam MDG</u> Mon-Tues: 0730-1145 & 1300-1600 Thurs-Fri:0730-1145 & 1300-1600 Wednesday: 0730-1145 & 1300-1400 Closed the 3rd THURS of every month

2013 – 2014

Hawaii Joint Vaccination Team

Influenza Vaccination Information



Oahu Joint Services
Phone: 433-1FLU

Who should get the Flu Vaccine?



- All people **6 months of age and older** should get flu vaccine.
- Vaccination is especially important for people at higher risk of severe influenza and their close contacts, including healthcare personnel and close contacts of children younger than 6 months.

Where to get the Flu Vaccine?

- Beneficiaries can go to any clinic location starting October 1st to be vaccinated.
- Beneficiaries may also go to any Tricare retail network pharmacy to be vaccinated at no cost (www.express-scripts.com/tricare/pharmacy).

There are two types of Flu vaccine offered by Tricare:

- *Live, attenuated influenza (LIAV)*
- *Inactivated influenza (IIV)*

Healthy, non-pregnant persons aged 2 to 49 years can receive either vaccine for the 2013-2014 season. Persons with high-risk conditions or 50 years of age or older should receive the IIV.



There are some people who should not get the vaccine.

- Anyone who has ever had a serious allergic reaction to eggs, another vaccine component, or to a previous dose of influenza vaccine.
- People who are moderately or severely ill should usually wait until they recover before getting the flu vaccine. People with a mild illness can usually get the vaccine.



Preventing the Flu:

1. **GET VACCINATED!** Vaccination is the primary way to prevent the flu.
2. Avoid close contact with people who are sick. When you are sick keep your distance from others.
3. Stay home when you are sick if possible, this will aid in reducing transmission of your illness.
4. Cover your mouth and nose with a tissue when coughing or sneezing.
5. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
6. Germs are often spread when a person touches contaminated things and then touches his or her eyes, nose, or mouth.
7. Other good habits are to get plenty of sleep, engage in physical activity, drink plenty of water and eat a balanced meal to help you stay healthy.
8. If you contract the flu, there are medications that are available to help. Your provider will be happy to discuss this with you if necessary.

